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DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release THURSDAY, FEBRUARY 9, 1950

FOOD EDITORS. THIS IS THE FIRST IN THE SERIES OF FISH RECIPE RELEASES TO BE PREPARED BY THE FISH AND WILDLIFE SERVICE FOR YOUR USE DURING THE LENTEN SEASON. GLOSSY PRINTS AVAILABLE UPON REQUEST ON A LOAN BASIS.

FISH CHOWDERS --- A POPULAR DISH DURING LENT

"Something different" in the way of a savory fish dish, particularly during Lent, is fish chowder. When served piping hot it makes an excellent luncheon or dinner dish on cool and windy days. Fish chowder, made in either the New England or Manhattan style, serves equally well as a main dish or as an entree. There are those who will argue the relative merits of the New England and Manhattan style, but either way, say home economists of the Fish and Wildlife Service, it is tempting.

Almost any fish fillet is suitable for making chowder. While custom has it that white-meat lean fish fillets be used, other fillets are equally as adaptable to use in chowders. Either fresh or frozen fillets may be used. When frozen fillets are used they need not be defrosted before cooking, but may be cubed and placed directly into the cooking utensil. The following recipes have been kitchen tested by Fish and Wildlife Service home economists and are particularly adaptable for home use.

NEW ENGLAND FISH CHOWDER

1 pound fillets	1 cup potatoes, diced
2 tablespoons bacon, chopped	2 cups milk
$\frac{1}{2}$ cup onions, chopped	$\frac{3}{4}$ teaspoon salt
2 cups hot water	Dash of pepper

Cut fillets in about 1 inch cubes. Fry bacon until crisp and browned. Add onions and brown slightly. Add water and potatoes and cook 10 minutes or until potatoes are partially tender. Add fish and cook until it can be flaked easily when tested with a fork. Add milk, seasonings and heat. Serve immediately with chopped parsley sprinkled over the top. Serves 6.

MANHATTAN FISH CHOWDER

1 pound fish fillets	$\frac{1}{4}$ cup green pepper, chopped
1 cup potatoes, diced	$\frac{1}{4}$ cup onions, chopped
2 cups water	1 can tomato soup
1 teaspoon salt	1 can water
4 tablespoons bacon, diced	$\frac{1}{4}$ teaspoon sugar
	Dash of pepper

Cut fish into 1 inch cubes. Place in a sauce pan with potatoes, water, and salt. Simmer about 10 minutes or until fish flakes easily when tested with a fork and potatoes are tender.

Fry bacon until golden brown. Add green pepper and onions and cook until tender. Add tomato soup, water, seasonings, cooked fish mixture, and heat thoroughly. Serve immediately. Serves 6.

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